

BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER March 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Suggested Meal Contribution \$1.50. We provide round trip transportation in our service area. Please call the Older Adult Center Services Office to find out if you are eligible and reserve a ride 718-792-1800 X 228</p>		<p align="right">1</p> <p>Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly at 10:30am OAC Swim 10:30am-11:30am</p>	<p align="right">2</p> <p>Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00pm</p>	<p align="right">3</p> <p>Independent Computer 9:30am Total Body Fitness with Chris 10:00am MOVIE & Popcorn: The Pursuit of Happiness 10:00am-12:00pm</p>
<p align="right">6</p> <p>Knits & Crochet with Carmen 10:00am Older Adult Exercise with David Demo 10:00am Contemporary Dance with Joan 11:00am</p>	<p align="right">7</p> <p>Walking with Ease with Terry 9:00am Chair Yoga with Jennifer 10:00 am Nutrition Session with Amelia 10:00am-11:00am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am</p>	<p align="right">8</p> <p>Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly at 10:30am OAC Swim 10:30am-11:30am</p>	<p align="right">9</p> <p>Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00pm</p>	<p align="right">10</p> <p>Independent Computer 9:30am Total Body Fitness with Chris 10:00am Jewelry Making class with Roxanne 11:00am- 12:00pm MOVIE & Popcorn: Forrest Gump 10:00am-12:00pm</p>
<p align="right">13</p> <p>Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am Virtual Presentation on Ovarian Cancer 10:00am-11:00am Blood Pressure Check with Willa 11am-12:00pm</p>	<p align="right">14</p> <p>Walking with Ease with Terry 9:00am Chair Yoga with Jennifer 10:00 am Botanical Gardens The Orchids show 10:00am-1:00pm Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am</p>	<p align="right">15</p> <p>Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly at 10:30am OAC Swim 10:30am-11:30am</p>	<p align="right">16</p> <p>Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p align="right">17</p> <p>Independent Computer 9:30am Total Body Fitness 10:00am St. Patrick's Day celebration 11:00am-1:00pm</p> 
<p align="right">20</p> <p>Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am</p>	<p align="right">21</p> <p>Walking with Ease with Terry 9:00am Chair Yoga with Jennifer 10:00 am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am</p>	<p align="right">22</p> <p>Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly 10:30am OAC Swim 10:30am-11:30am</p>	<p align="right">23</p> <p>Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p align="right">24</p> <p>Independent Computer 9:30am Total Body Fitness with Chris 10:00am Jewelry Making class with Roxanne 11:00am- 12:00pm MOVIE & Popcorn: Spanglish 10:00am-12:00pm</p>
<p align="right">27</p> <p>Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am Birthday Celebration 11:00-1:00pm</p>	<p align="right">28</p> <p>Walking with Ease with Terry 9:00am Chair Yoga with Jennifer 10:00am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am</p>	<p align="right">29</p> <p>Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly 10:30am OAC Swim 10:30am-11:30am</p>	<p align="right">30</p> <p>Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p align="right">31</p> <p>Independent Computer 9:30am Total Body Fitness with Chris 10:00am International Women's Day Celebration 11:00am-1:00pm</p>

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990 Pelham Pkwy South, Bronx, NY 10461 | 718.792.1800, ext. 228 ▪ bronxhouse.org